



Red, White & Blue Parfait

a recipe from Georgia School Nutrition

SERVES: Single Serving PREP TIME: 10 minutes CATEGORY: Breakfast/Lunch/Snack

Ingredients:

- ¼ Cup Blueberries, fresh Georgia Grown
- ¼ Cup Strawberries, fresh Georgia Grown
- ½ Cup Low-fat yogurt
(vanilla, plain, or your favorite)

TOOLS NEEDED:

- Measuring cup
- Spoon
- Glass or bowl to make and serve parfait in

Steps:

1. Slice strawberries.
2. Place all strawberries on bottom of glass.
3. Spoon all yogurt on top of strawberries.
4. Layer all blueberries on top of yogurt.
5. Grab a spoon and enjoy!

TIP: Put finished parfait in refrigerator to enjoy later.